



## **Tantre Farm CSA Newsletter IMMUNE BOOSTER (Week 182) Share February 17, 2024**

Welcome to Week #182 of the Immune Booster CSA. Please enjoy the newsletter with some recipes, good food tips, etc., and let us know if you need any help in finding any other creative ways to use the following items.

**PLEASE NOTE: There will not be a separate email with the Pick Up Protocol anymore, so you will not receive a Pick Up Reminder email. One update at the Washtenaw Food Hub is that we ask you to come inside the market to pick up your share for the winter. Very specific descriptions were in the initial registration emails, and you may also go to our website for more details about each location: <https://www.tantrefarm.com/imm...>**

### **REFLECTIONS FROM RICHARD and DEB**

Spinach from the soil... A couple of weeks ago, all the snow melted away and the frost came out of the ground leaving the moist soil to dry on several balmy, sunny afternoons revealing the dark green, crispy leaves of the winter spinach planted in late summer and finding it's hardiness during the winter cold. Perfect beautiful beds of spinach spread out on the south-facing hill basking in the glorious, gentle rays of the late winter sun.

The flavor of this delicious, snow-curated spinach is different than the summer spinach. To preserve its leaves this plant fills the cell walls with sugars to prevent freezing and cellular membrane damage. It is this sugar that creates the delicious flavor of a frost-sweetened spinach leaf that can be eaten without salad dressing and can remain a sweet delight! It is a unique time of year to enjoy this rare moment at a time when the trees are starting to surge with their sugary sap. This late spinach growing in the wintery mud produces the best taste of the year, and now you are lucky enough to taste it too!

We appreciate all the growing, the harvesting, the sorting, and the packing that many hands labored to bring this produce to us this week from Sell Farms, Garden Works, Second Spring Farm, Kapnick Orchards and Tantre Farm. We also would like to acknowledge the skillful attention and care of the hands that created the deliciousness, the culinary artistry, and the love sprinkled within the flavors of our prepared foods from Harvest Kitchen, Juicy Kitchen, Zingerman's Bakehouse, and Unity Vibration Kombucha. This late midwinter sunshine buzz has us feeling gratitude for all the farms and food producers who are working hard on staying focused and committed to being native to this place and providing us with local, nutritious, and flavorful sustenance.

### **THIS WEEK'S SHARE ITEMS:**

**LETTUCE** from [Sell Farms & Greenhouses](#): organically grown and hydroponic greens that are rich in calcium, iron, and vitamins A and C. This family-owned business in Ypsilanti is operated by husband/wife team Dean and Susan Sell. They specialize in perennial plants and hanging baskets. They also carry a wide variety of annuals, bedding plants, herbs, and vegetable plants from April through mid July.

**-How to use:** raw in salads or sandwiches or (believe it or not!) use in soups or smoothies.

**-How to store:** refrigerate in plastic bag for 3-5 days.

**ORGANIC PEA OR SUNFLOWER SHOOTS** from [Garden Works Organic Farm](#): You will receive one clamshell of sweet, tender pea or sunflower shoots. They are soil grown in two-inch deep trays and go from seed to your salad in roughly three weeks. Pea and also sunflower shoots (also known as pea or sunflower microgreens) are the young leaves and stems of traditional pea or sunflower plants. They add a delicious, mild, sweet flavor to any salad, stir-fry, grain bowl or sandwich. Garden Works is a certified organic, 4.5-acre truck garden and greenhouse farm in Ann Arbor operating year-round with many other kinds of microgreens available throughout the year. Visit Rob lives just a few miles from the Washtenaw Food Hub and has been providing product for the Ann Arbor Farmers Market, Argus, the Peoples Food Coop, Agricole, and Tantre Farm CSAs for many years. You may contact [gardenworksorganic@gmail.com](mailto:gardenworksorganic@gmail.com) for more information.

**-How to use:** use as a salad, blended with chopped radishes, turnips, and cabbage, excellent garnish as a soup and almost any other dish, so yummy and tender!

**-How to store:** store in the refrigerator for up to a week.

**ORGANIC RAINBOW CARROTS** from [Second Spring Farm](#): A carrot is a root, whose skin color can be white, red, purple, or yellow, but more commonly known for their bright orange color; high in all kinds of various nutrients based on their color. Thanks to our former intern (2003)-turned-farmer, Reid Johnston, owner of Second Spring Farm from Cedar, MI for growing these vegetables. Besides finding his certified organic produce up north, he also distributes his veggies at Argus and Agricole.

**-How to use:** Can be used raw as carrot sticks, grated in salads or juiced; steamed or sautéed, in stews, soups, casseroles, stir-fries; pureed or grated into cakes, pancakes, or other baked goods

**-How to store:** Refrigerate dry and unwashed roots in plastic bag for up to 2 weeks

**ORGANIC YELLOW ONIONS (Patterson)** from [Second Spring Farm](#): medium-large, blocky bulbs with dark yellow skin and thin necks; excellent storage onion. Thanks to Second Spring Farm with description above.

**-How to use:** great for soups, stews, egg dishes, onion rings, and other dishes for flavor.

**-How to store:** once cut, wrap in damp towel or plastic bag in fridge for 2-5 days or chop all extra parts of the onion and freeze immediately in Ziplock baggies for quick use; if not cut, store in dry, well-ventilated place for several months.

**ORGANIC BEETS (Red Ace)** from [Second Spring Farm](#): round, smooth, deep red roots with sweet flavor and many health benefits; you will receive just the roots

without the greens. Thanks to Second Spring Farm with farm description above.

**-How to use:** roots are good in soups, stews, roasted, boiled, steamed, excellent grated raw into salads or baked goods.

**-How to store:** store roots unwashed in plastic bags or damp cloth in hydrator drawer of refrigerator for up to 2 weeks

**CAROLA POTATOES** from [Tantre Farm](#): yellow potato from Germany; smooth, creamy texture that is good for baking or frying.

**-How to use:** good roasted, fried, mashed, or in salads.

**-How to store:** keep in cool, dark place in paper bag for several months

**FROST-SWEETENED SPINACH** from [Tantre Farm](#): With the mild temperatures we have been having, we have been watching our field-grown spinach come back to life and produce crisp, dark green leaves--good eaten raw or with minimal cooking to obtain the beneficial chlorophyll, as well as vitamins A and C; delicious flavor when juiced.

**-How to use:** toss in fresh salad, add to sandwiches, sauté, steam, braise, or add to crepes, quiche, lasagna, and soups.

**-How to store:** refrigerate with a damp towel/bag for up to 1 week.

**EVERCRISP & FUJI APPLES** from [Kapnick Orchards](#): You will receive [Evercrisp Apple](#) (a hybrid of the Fuji and Honeycrisp apples; sweet and juicy, crisp and aromatic; good snacking apple and good for pies) AND [Fuji](#) (large, bi-colored apple, typically striped with yellow and pinkish-red with sugary-sweet flavor with notes of honey and citrus; excellent in salads and for fresh eating, baked, and in applesauce). Kapnick Orchards (<http://www.kapnickorchards.com>) supply apples, pears, and other products year-round at their farm market in Britton, MI. They can also be found at the Argus Farm Stops and Agricole Farm Stop, the Ann Arbor Farmers Market, the Saline Indoor Farmers Market, and 3 winter markets in Canton.

**-How to use:** see above in description; all good for fresh eating

**-How to store:** can store for 2 to 3 months in cool location.

**MAC & CHEESE WITH KALE** from [Harvest Kitchen](#) (vegetarian): "Macaroni au gratin" is the fancy way of saying "Mac and Cheese". This 10-oz container of rich, thick, silky, creamy cheese sauce and pasta is considered a kid favorite and a comfort food by many adults with a nutritional twist of kale on the side. It has been around for many centuries with evidence of a version in an Italian cookbook from the 14th century, as well as some say that it was a favorite of Thomas Jefferson, who brought the recipe back from France. These calcium and protein-rich ingredients include Calder milk, flour, white cheddar, parmesan, onion, garlic, salt, pepper, cayenne, dry mustard, olive oil, macaroni (flour, water, salt, oil), but the side of kale gives added texture, flavor, and a wad of nutrition including Vitamins A, B6, C, K, iron, and plenty of antioxidants. Harvest Kitchen produces their products in the kitchens at the Washtenaw Food Hub. Be sure to visit Keith from Harvest Kitchen at the Saturday Kerrytown Farmers Market, where Harvest Kitchen has a fully stocked booth with all their cooked meals, muffins and granola ready for purchase. They also sell at both Argus Farm Stops in Ann Arbor, Agricole Farm Stop in Chelsea, and of course provide granola, quiche, mac & cheese, pot pies, and muffins at the Food Hub Farm Market. You can also order their products from their website from an online menu and they even will do home deliveries to your door!

**-How to use:** Just reheat on the stove or in the oven. You can add hot sauce,

chiles, peppers, herbs, or chopped spinach to your mac and cheese if you'd like!

**-How to store:** can be stored in the fridge for 4 to 7 days.

**BROCCOLI SALAD** from [Juicy Kitchen](#) (12-oz, vegan & gluten-free, contains nuts): Fresh broccoli salad is creamy, salty, tangy, sweet, and is one of the popular salads produced by Juicy Kitchen. The ingredients are simple and few and include broccoli, red seedless grapes, red onion, sliced almond, dried cranberries, carrots, cashews, apple cider vinegar, Michigan maple syrup, salt and pepper. Talk about a healthy salad full of vitamins and fiber! Thanks to Aaron and all the kitchen staff at Juicy Kitchen. They sell their prepared foods with an online menu or at their location on Maple Rd, Argus Farm Stops in Ann Arbor, and Agricole Farm Stop in Chelsea!

**-How to use:** Open the container and enjoy alone or with Harvest Kitchen's carrot ginger soup!

**-How to store:** Store in refrigerator for up to a week.

**PECAN BLONDIE** from [Zingerman's Bakehouse](#): Also known as a blondie brownie, this dessert bar is a Bakehouse Standard and laden with some nutrition in the Michigan grown wheat berries, despite it's decadence of butter, muscovado sugar, eggs, sugar, pecan, wheat flour, whole wheat flour (organic soft wheat flour), water, sea salt, vanilla extract, baking powder, cream of tartar. What makes this special is that the flour is freshly milled from regional whole grains with stone mills onsite. We will have extra blondies for sale at the Hub Farm Market for those who struggle with taking home just one! Thanks to Jaison and the bakers at Zingerman's Bakehouse, whose products can be found all around Ann Arbor and now at Agricole in Chelsea and the Hub Market. See more of what they offer on their website above in the name.

**-How to use:** Enjoy as a dessert or a snack!

**-How to store:** Store at room temperature or can be easily frozen for long term storage.

**KOMBUCHA SPRITZ LOTTERY** from [Unity Vibration Kombucha](#): According to Unity Vibration, "this functional beverage is low sugar, high vibration, made with organic roots, herbs, colloidal minerals, energized structured water and infused with sacred sound vibrations". These 12-oz cans are refreshing, low-calorie, and non-alcoholic. You will receive 1-can of any of the following varieties. [Sentient Beings](#) (Organic Lemongrass, Organic Green Tea Leaf, Matcha Green Tea, Organic Ginger Root, Organic Licorice Root, Passion Fruit essence, Plum Fruit essence, Organic Fair-Trade Kombucha Culture, Colloidal Gold) OR [Down to Earth](#) (Organic Mint, Organic Lavender, Organic Blackberry Juice, Functional Mushroom Concentrate, Organic Licorice Root, Organic Fair-Trade Kombucha Culture, Colloidal Platinum) OR [Eye of the Worlds](#) (Lebanese Rosewater, Dried Persian Lime, Organic Cardamom, Organic Fair-Trade Kombucha Culture, Colloidal Zinc). Rachel and Tarek have a tasting room and you can see where they brew all kinds of kombucha products at Unity Vibration in Ypsilanti. Their products can be found in several stores in the area including Whole Foods, Argus Farm Stop, Agricole Farm Stop, as well as the Hub Farm Market, and they can be found online in their website above.

**-How to use:** Enjoy as a refreshing drink and serve over ice as a mocktail or as a cocktail.

**-How to store:** Store for many months in your refrigerator.

## ANNOUNCEMENTS

**1. WINTER NON-WOODY PLANT ID at Tantre Farm – Feb. 24 from 2 to 4 PM:**

Similar to Winter Tree ID, except this class with local foraging expert, Rachel Mifsud from “Will Forage for Food”, we will focus on herbaceous plants. There are several plants that remain green all winter, even under the snow. So we will spend some time talking about those. But we will also spend time learning to ID dead plants Why? Because the “skeletons” of dead herbaceous plants can tell you where to look for roots and where you should look for things during the growing season. You would be surprised at how much you can ID in the winter. Please register with \$25 at <https://willforageforfood.squa...>

**2. FORAGED MEDICINE CABINET at Tantre Farm – March 9 from 2 to 5 PM:** What would your medicine cabinet look like if you replaced your over the counter stuff with herbal remedies? Now is your chance to find out! First, we will discuss roughly 15 wild plants that can be used to treat most minor ailments with local foraging expert, Rachel Mifsud from “Will Forage for Food”. You will learn about the healing properties of the plants, as well as the techniques for extracting and preserving their healing qualities. This part will be sort of like a lecture, so bring a notebook to take notes. Then we will spend the rest of the afternoon in the kitchen, using lawn weeds and common garden herbs to produce home remedies that can take the place of over the counter medicines. You will get to work hands on to make First Aid Salve, Muscle Ache Balm, Headache Tincture, Cough and Cold Syrup, Tummy Tea, Sleepy Tea, and Eye Relief Compress. Everyone will get to take their products home with them. This class will not include a plant walk. All plants will be pre-harvested so that we can focus on learning the techniques. This class will cost \$50 and you register here: <https://willforageforfood.squa...>

**4. SOCIAL MEDIA:** Follow us on Instagram [@tantrefarm](https://www.instagram.com/tantrefarm) to learn more. We are also active on [Facebook](https://www.facebook.com/tantrefarm) with regular posts of photos and blurbs detailing life on the farm and what is happening in the weekly Immune Booster CSA shares.

**5. WASHTENAW FOOD HUB FARM MARKET OPEN on Feb. 17:** We will be open every Saturday from 9 AM to 12 PM. We have fresh produce from Tantre Farm and other local farms. Many frozen items are available including frozen meats, tempeh, blueberries, quiche, pot pies, and NEW Michigan Farm to Freezer Strawberries and Tart Cherries. Fresh muffins and cookies from Harvest Kitchen and extra Pecan Blondies from Zingerman’s Roadhouse will be available. Fluffy Bottom Farms will have Yogurt and Feta Cheese again. The Brinery has plenty of kimchi along with their signature sauerkraut and hot sauces. In addition we will have Calder butter, local eggs, and several varieties of kombucha, CBD Cider, and Calder milk (regular, chocolate, and strawberry) to drink. Some treats available include chocolate bars, mini snack chocolates, hot cocoa packets, and chocolate tea, and Great Lakes Potato Chips along with A2 Tortilla Chips. As usual you can pick up your basic needs of local flour, maple syrup, jam, granola, oats, honey, dried beans, lentils, popcorn, and Tiani’s and Bubble Babes soaps. Lots of fun things to check out at the Hub Farm Market this Saturday!

**6. SUMMER CSA 2024 REGISTRATION IS OPEN:** Our SUMMER CSA registration is NOW OPEN for 18 weeks from June through September of 2024 for \$675 for the full season! Each week our goal is to provide 1 to 4 salad greens (lettuce, arugula, etc.), 1 to 4 cooking greens (collards, Swiss chard, kale, etc.), 1 to 4 root vegetables (carrots, potatoes, etc.), 1 to 4 fruiting vegetables (tomatoes, corn,

squash, green beans etc.), 1 or 2 alliums (onions, garlic, etc.), 1 to 3 brassicas (broccoli/cabbage family), and 1 or 2 herbs (basil, parsley, etc.) when possible. Please feel free to go to our [website](#) for more details if you are new to our CSA or go directly to the Sign Up link [HERE!](#) **\*\*NOTE: We are offering a \$25 Early Bird discount for any of you who sign up in February before March 1, if you apply the Coupon Code of 2024EARLY.** Hope to see you this summer in 2024!

## RECIPES

**\*\*Keep in mind a very easy way to find recipe ideas for almost any combination of share box ingredients is to type the items into your preferred "search bar" with the word "recipes" at the end, and many recipe ideas will pop up. Have fun searching!**

SAUTEED SPINACH WITH APPLES AND GARLIC (from <https://ladydocscornercafe.com/sauteed-spinach-with-apples-and-garlic>)

Serves 4.

1 bag **spinach**, washed and dried  
2 cloves garlic chopped  
1-2 **apple**, cut into small cubes (tart, firm apple works well)  
2-3 tablespoons pine nuts  
2 tablespoons olive oil  
Salt and pepper to taste

Add garlic to heated olive oil to release the flavor of the garlic. Sauté 1-2 minutes on low heat. Add apples and sauté until apples start to become slightly translucent and soft. Add spinach to pan with medium to high flame. The spinach will wilt and shrink in size quickly. Stir rapidly so spinach on top is moved to bottom and has chance to cook. When about ½ spinach is wilted, add pine nuts into pan and gently mix around. The spinach will cook quickly, in about 5-6 minutes. The goal is to wilt all the spinach leaves. Be careful to not overcook. Add salt and pepper for taste. Serve with the **Mac & Cheese** and a **Pecan Blondie** for dessert topped off with a **Kombucha Spritzer** to drink.

BEET BURGERS (from America's Small Farms by Joanne Lamb Hayes and Lori Stein)

2 cups grated **beets** (about 3/4 lb)  
2 cups grated **carrots** (about 1/2 lb)  
1 cup cooked brown rice  
1 cup grated Cheddar cheese  
1 cup sunflower seeds, toasted  
2 large free-range eggs, beaten  
1/2 cup sesame seeds, toasted  
1/2 cup grated **onion** (about 1 medium)  
1/4 cup oil  
3 Tbsp all-purpose flour  
3 Tbsp chopped parsley  
2-4 garlic cloves, finely chopped  
2 Tbsp soy sauce  
Ground red pepper (cayenne), to taste

Preheat oven to 350 degrees. Generously grease a rimmed baking sheet. Combine beets, carrots, rice, cheese, sunflower seeds, eggs, sesame seeds, onion, oil, flour, parsley, garlic, soy sauce, and red pepper. Form mixture into patties and bake 25-30 minutes or until firm and vegetables are cooked through. Serve with the **Broccoli Salad** and **Mac & Cheese** and a **Pecan Blondie**



for dessert topped off with a **Kombucha Spritzer** to drink..

SPANISH TORTILLA WITH APPLE & PEA SHOOT SALAD (from <https://munchyseeds.co.uk/recipe/>)

Ingredients:

1 finely chopped **onion**

1.5 tbsp oil

3 **potatoes** thinly sliced

2 cloves of crushed garlic

1/2 tsp smoked paprika

8 beaten eggs

50 g serving of mild chili seeds

sea salt and black pepper

a handful of parsley and extra seeds to serve (optional)

For the salad:

1 finely sliced **apple**

2 large handfuls of **pea shoots**

1 tsp wholegrain mustard

1 tsp honey

1 tbsp apple cider vinegar

1.5 tbsp olive oil

To make the Spanish tortilla, heat the oil on a low heat, cook the onion for 10 minutes until soft. Add the potato slices, 1/2 tbsp oil and season well with sea salt and black pepper. Cook with a lid on for 20 minutes, gently stirring every 5 minutes to ensure the mixture doesn't stick. Add the garlic and smoked paprika, pour in the eggs, put the lid back on and cook for 20 minutes; the edges should be coming away and the top should be starting to set; press in the seeds and flip. Cook for a further 5 minutes; remove from the pan; serve hot or cold with parsley, extra toasted seeds and salad. For the salad dressing: whisk together the mustard, oil, honey and vinegar; pour over the apple and pea shoot salad.

GRATED BEET AND CARROT SALAD

3-4 **beets**, peel and uncooked

3-4 **carrots**

1 finely chopped **onion**

1/3 cup cider vinegar

2 Tbsp balsamic vinegar

1 tsp honey

Grate the beets and carrots into a bowl. Add onion. Pour over vinegar and honey, mix and let marinate in fridge. Add a handful of **pea or sunflower shoots** as a fresh garnish.

Variation: Add grated turnips or other roots, **chopped lettuce**, toasted sunflower seeds

Hope you stayed warm enough this week! We look forward to seeing you next week for Week #183 with pick up on Sat. February 24 at the Washtenaw Food Hub or Agricole Farm Stop! Thank you for supporting local farmers and food artisans.

**Deb and Richard**  
**Owners of Tantre Farm**

*\*\*We look forward to hearing your weekly feedback on the shares and welcome any suggestions on how to improve. Please understand that we try to give you an accurate listing of the produce in your box each week; however, since this menu is published before we pack the boxes on Fridays, we may sometimes have to substitute some vegetables for others. Mostly we are able to update you of changes in our Friday newsletter, but sometimes our decisions are made after the newsletter is published. Please let us know whenever you think you are missing anything, and we will try to find some way to make amends. Thank you for your patience and understanding, as we try to keep things as smooth as possible. Please contact Deb or Richard with questions or comments at [info@tantrefarm.com](mailto:info@tantrefarm.com).*

## **Tantre Farm**

2510 Hayes Road, Chelsea  
MI 48118 United States

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